



Story and photos by JOSN
Ryan C. McGinley

Salsa has origins in Cuban music, but credit for its worldwide popularity belongs to the Puerto Ricans who migrated between 1915 and 1969 to the United States, especially New York City. The term salsa is a word used to describe a fusion of different rhythms. It was invented at the end of the 1960s to market Latino music but is a variation of mambo, which means "conversation with the gods." mambo is a combination of swing and Afro-Cuban rhythms from the street.

Today salsa maintains its popularity with a new generation of listeners and artists who favor sentimental love lyrics. This new sub-genre of salsa is known as "salsa romantica," that softens up the horns.

Morale, Welfare and Recreation offers salsa, merengue and cha-cha classes to keep the beat alive and give Sailors and their family members an opportunity to learn mambo/salsa dancing.

"The goal is to introduce the art of dance to [people's] personal lives," said Samir Hana, dance instructor. "Also, you get to meet many wonderful people and you get to make many friends."

Hana is a certified dance instructor in Latin rhythm dance and has been continuously teaching Latin dance since 1997. He teaches both group and private lessons. His style and method of teaching is using four beats per music measure. However, for maximum breakdown of patterns, he uses eight counts, which makes it easier for anyone who has the motivation to learn Latin rhythm dance. He teaches community-oriented steps that are the most popular and easy.

He said people like to learn salsa dance because not only is it popular, but the rhythm is romantic and it has a very nice dance movement. He describes the dancing as quick, easy and fun, but with 130 beats per minute it is also good exercise.

"What [the dances] are about is transferring body usage to each another," he said. "With the incredible body motion ... of their arms, their shoulders and their heads, it makes it a lot of fun and a high-energy activity [that] people enjoy."

Hana enjoys teaching new dancers and continually stresses the importance of fun to his new students.

"The most exciting part is teaching beginners," he said, "[because] the primary reason for the dance itself is to have fun."

MWR offers classes at Bloch Arena on Thursday, Friday and Saturday and the cost is two aerobic tickets. For more information, call 473-0793.



(Above) Air Force Staff Sgt. Sean Bruderer and Air Force spouse Giannina Torelli practice dancing salsa at Bloch Arena. (Left and Below) Samir Hana, dance instructor, teaches Tritia Ballard salsa dancing at Bloch Arena. The term salsa is a word used to describe a fusion of different rhythms. MWR offers salsa, merengue and cha-cha classes at Bloch Arena Thursday, Friday and Saturday nights and the cost is two aerobic tickets per session.



MWR Salsa Classes

Salsa – Level 1
Thursday 7:30 – 8:45 p.m.
Saturday 5:00 – 6:15 p.m.

Take your first steps into this joyous and sensual form of Latin partner dancing, breaking on the first beat. Lessons focus on hearing and finding the beat in mambo/salsa style music. Students learn simple basic patterns. Body motion is shown to heighten the effect. Students learn leading and following for partner routines.

Salsa – Level 2
Friday 7:30 – 8:45 p.m.
Saturday 6:30 – 7:45 p.m.

Building on the basic patterns from introductory, more complex and subtle patterns in freestyle and in partner dancing are added to enhance the sensual nature of mambo/salsa technique. Dip, half arc and other more advanced patterns are presented. Students have fun improvising basic and intermediate patterns into club ready routines.

Merengue/cha-cha/cumbia – Level 1
Friday 6:00 – 7:15 p.m.

Step into easy-to-follow Latin rhythms when you begin learning merengue, cha-cha and cumbia in freestyle and in partner dancing. Sample the patterns from merengue, the high energy, sensual dance; cha-cha, elegant and stimulating dance; and cumbia, the playful dance.

Clubs on Oahu to dance salsa

Saturdays
Café Sistina
10p.m. Live band and instructor training
\$5 cover
Geared towards beginners

Sundays
Club Espirit in Sheraton Waikiki hotel
8:30 pm
\$5 cover
Live band

Tuesdays
Zansabar at Waikiki Trade Center
\$5 cover before 10 p.m.
Salsa class 8:30-9:30 p.m.
Disc jockey and live bands

Thursdays
Rumours at Ala Moana Hotel
Salsa footwork and freestyle class from 6:30-7:30 p.m.

Commentary

Focus

on Fun

JO1 Daniel J. Calderón, News Editor

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Massage a feet treat ...

There are times in everyone's life where you need to treat yourself to something. You have to take care of yourself so you are better able to take care of others. Batteries need to be recharged and mental reserves need to be refilled.

I took advantage of some time to take care of myself and went over to visit Ruby Ahn, Bloch Arena for her barefoot massage special.

For those of you who haven't moved beyond the 12-year-old mentality, there's nothing wrong with massage. And, the massage therapist is not barefoot - for those of you who are squeamish about those kinds of things.

Ruby was wearing socks and the work was done in the specialty massage room at Bloch. It had to be done there because of the nature of the massage itself.

Instead of lying face down on a table, I laid sideways on a mat on the floor. For the first part of the treatment, Ruby stood over me. She would put her foot at various points and exert pressure. She had what looked like a walking stick in her hand. I figured it was used to help her balance as she pushed.

The stick seemed to give her support and let her put a more precise amount of pressure where she deems it necessary. Her feet sought out the tight spots in my back, my hips and my legs and Ruby would ply her method to work those kinks out of the muscles.

The work was much deeper than a regular massage. As most of you are aware, the leg muscles are much stronger, on average, than those in the arms. So, she was able to find and penetrate spots deep inside the muscle tissue and work those tight spots to the surface and out.

She worked up high using the stick for some areas then worked lower on the floor when she got to areas like my shoulders and arms.

The whole experience took about an hour and a half. Ruby worked each muscle group and talked me through the whole massage. It was 90 minutes well worth the money spent.

This type of massage is not for the weak. I know a lot of you guys who go work out think you're big and strong, but this one will affect you. I was smart enough to follow Ruby's advice after the massage. I stretched and showered when I got home, and I drank lots of water the next day so the soreness was almost non-existent. I'm sure if I hadn't listened to Ruby, I would have been quite sore.

The whole experience was one of relaxation, of finding spots that hurt and getting rid of them. It was about taking time out for myself. Too often, we do for so many other people and don't take any time for ourselves. The massage was a way of giving back to myself for just a little bit.

When I left, I had to walk home. I felt like I could run the distance on my hands going backwards. That's how much better I felt after the massage. Kinks were worked out that had taken a couple of months to get in. Aches were gone that had festered for weeks. I felt ready to take on work, school, kids and volunteer activities again. It was an Atlas-type feeling. I'd un-shouldered the weight of the world briefly and was now ready to take it up again.

I recommend you take the weight off every now and again. Bloch Arena's a good place to do it because it's cheaper here than out at a regular spa.

For what you pay at a massage place in town, you can get a massage at Bloch and go to dinner afterwards. This month, Ruby's giving a Father's Day special on the barefoot massage. The special runs all month. But, that's not her only massage available.

There's hot and cold stone massage, regular massage and facials in addition to the barefoot one. Give her a call at 386-4812. If its not for you, maybe for someone you know. After all, if you've got folks coming to visit and want some kind of massage treatment, this is a lot cheaper than taking them to a day spa in town.

I understand there are those of you who think massage is some sort of frou-frou thing. That's fine. Those of us who have learned to be comfortable taking care of ourselves will continue with our exercise and our massage. You guys go off and flex or something.

Next time I'll tell you about how I actually made dinner for my family and changed the diaper on my kids, but that's another story...

Relaxing key to everyday stress

Information provided by Naval Medicine

Most of us experience stress every day. It can make you feel anxious, grouchy or even exhausted. Stress can actually wear down your body's defenses, making you more likely to catch a cold or other viral infection.

"We have to find out what seems to trigger stress in our bodies and what seems to push our buttons and just let it go and find ways to relieve the stress so we can keep our bodies healthy," said Dr. Sandra Fryhofer. Doctors say one of the most effective stress relievers is exercise.

Another way to beat stress is to learn how to relax. Deep breathing and meditation can help.

Also, focus on positive outcomes of the situation and keep a sense of humor. If you're stressed out, see a physician for ways to cope with different life situations.



Seven ways to keep stress under control

- Set realistic goals. Plan how to reach them, one step at a time.
- Use your time wisely. Make a daily schedule to avoid feeling disorganized.
- Keep a positive attitude. Be your own best friend. Give yourself plenty of encouragement.
- Exercise regularly. Aim for 20-60 minutes of exercise, three-five times a week. (Check with a health care provider before you begin an exercise program.)
- Get enough rest. Take a break when you need one.
- Eat healthy foods. Eat more fresh fruits and vegetables. Eat less fatty, sugary and salty foods.
- Learn to relax. Practice a relaxation technique, such as medication or deep breathing.

CHRRS Web site offers free self-service home finding

Karen S. Spangler
Assistant Editor

The newest tool to assist military families seeking off-base rental homes and apartments is now up and running. Community Homefinding Relocation and Referral Services (CHRRS), a service provided by the Army, launched its Web-based housing referral system May 14.

The Army awarded a contract to Pride Industries to provide the Web-based system. As the system administrator, the Army will coordinate revisions and technical support and maintain data.

The new Web site is free and is totally self-service, both by those listing properties and those searching for properties.

Property managers, owners, real estate agents and people who want to share their homes can list their upcoming vacancies.

"The new Web site will be able to connect service members with available housing data to make their next PCS experience to Hawaii a smooth and efficient one," noted Karen Goodrich, manager of Army Housing Services and Referral Housing Services at Fort Shafter.

According to Laurie Sweet-

ing, referral assistant for the Army's program, "It will no longer be necessary for service members to scan through hundreds of listings in the paper - many of which may be outdated - and they won't have to wait until the housing office opens to get help."

The CHRRS Web site will include features that will enable clients to more expediently and more efficiently search for rental properties.

An added bonus is that it can all be done anywhere they have access to a computer and without the need to travel to the CHRRS office.

Those seeking rental properties will be able to view photos, maps and detailed descriptions of property listings.

Information included on the Web site will also show available amenities, dates, prices and mileage from military installations. Once a property is found, the client can use email to quickly make contact.

Personnel from the CHRRS staff discussed the benefits of the new CHRRS Web site homefinding system:

- The Web site will be accessible 24 hours a day, seven days a week.
- It will provide rental and roommate listings which are current.

- The site will offer enhanced search functionality for focused searching capability.
- Search efforts will result in easy-to-read results and listing layout.
- The site will provide easy and private contact functionality and a simple and intuitive site layout.

There will also be options for service members who do not have access to a computer.

They may opt to use the computer in the lobby of the CHRRS office in building 344 on Montgomery Drive at Fort Shafter or utilize computers at Fleet and Family Services or in the lobby of Navy Aloha Center.

If service members are staying in a hotel and do not have access to a computer and need information immediately, a CHRRS receptionist can access the data and print out a listing.

CHRRS services are available to service members of all military branches.

To access the new CHRRS Web site, go to: <http://hawaii.dodreferral.com>.

For more information, call the CHRRS office at 438-0063, 438-1609 or email at hirotap@shafter.army.mil.

Great Life Hawai'i photo of the week



Photo of Lt. j.g. Nate Hardy and his father, Ralph Hardy, relaxing at the former Waimea Falls Park. Morale, Welfare and Recreation is offering the "Great Life Hawai'i Photo Contest," so dust off the photo albums and pick the photo that best represents what makes being stationed in Hawai'i so memorable. Submit unpublished photographs (no smaller than five by seven inches at 200 DPI) to "hnn@honoluluadvertiser.com." All photographs submitted will become the property of HNN and MWR, which reserves the right to edit, copyright and publish submissions. There is no entry fee, but there is a limit of one entry per family. Weekly photo winners will be showcased both in Hawai'i Navy News and on the MWR web site "www.greatlife-hawaii.com." Every quarter, a winner will be selected from the weekly winners to receive a special gift package from MWR. This contest is open to amateur photographers only, who must be at least 18 years of age.

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Barbers Point holds ground breaking ceremony

New golf clubhouse with golf shop and restaurant to be added

JO2 Devin Wright
Staff Writer

Pearl Harbor's MWR held a ground breaking ceremony May 27 at the Barbers Point Golf Course for the start of construction of a new golf clubhouse.

The new 7,200 square foot clubhouse will come equipped with a golf shop, restaurant and office spaces.

The new clubhouse replaces the 50-year-old structure which at one time was the living quarters of a Marine commander

In the early 1960's when the Marines moved to Kaneohe,

the quarters were made into a golf clubhouse.

The new clubhouse is being built adjacent to the first tee so "guests can relax and enjoy the course under the covered lanai," said Robin Hashimoto, Barbers Point Golf Course manager.

Hashimoto said the clubhouse should benefit the well maintained course.

"This is a fantastic place to play a round of golf and, with the new clubhouse, if you're not up for playing you will be able to enjoy a nice meal at the clubhouse restaurant," said Hashimoto.

Hashimoto believes well

kept courses and clubhouses could serve as an excellent tool for Sailors to stay Navy.

"With the fleet, incoming ships and shore-based commands, a golf course like this can really help Sailors unwind and have some fun," Hashimoto said. "That improves their quality of life and Sailor's quality of life is a great device for retention and that's a big part of why we are here."

The project request was submitted in 1984 with a notice to proceed following in 2002.

"It's been a long time coming," said Hashimoto. "We're ready for the finished product."

The finished product is expected in approximately eight months.



Pictured (Left to right), Lt. j.g. Adam Perrins, AROC; Robin Hashimoto, Barber's Point head pro; Cheryl Camp, MWR director; and Russell Miwa, Shioi Builders, project manager.

Navy Library Resources on NKO

Darlene Goodwin
Navy Region Gulf Coast Public Affairs

The Navy General Library Program (NGLP) partnered with Navy Knowledge Online (NKO) to provide ebooks, reference materials and practice testing services at no cost to Sailors and Marines worldwide. These materials are also available to Reservists, retirees, Department of the Navy civilians and nonappropriated fund (NAF) personnel.

The move to partner with NKO saved the Navy an estimated \$15.5 million compared to the cost of having each installation purchase the resources individually, according to Nellie Moffitt, NGLP director.

"The primary reason for joining NKO was to provide greater library services to a greater number of Sailors at a cost savings," said Moffitt. "There isn't a Navy General Library at every naval installation, so we can best meet Sailors' needs through Econtent (electronic content), which is accessible worldwide. An added benefit is that NKO also provides support to Navy civilians, NAF personnel and retirees. NKO allows us to meet many needs with a comparatively small investment."

The idea to put Econtent on NKO

originated with Capt. James Kantner, director of knowledge management at the Naval Personnel Development Command in Norfolk, Va. "These Econtent resources are the perfect fit for NKO," said Kantner. "We developed NKO to connect Sailors with the right knowledge at the right time to support their professional and personal development. The vision was to create a learning environment dedicated to providing our Navy work force with the tools to excel and that requires us to harness the best Navy and commercially-produced resources available today."

NKO is the Navy's Web learning portal through which Sailors will be able to access the professional and personal development resources needed to support their 5 Vector Model (5VM), the Navy's premier interactive career planning model. NKO is currently averaging more than 17,000 daily logins by approximately 265,000 users.

NGLP Econtent currently available on NKO includes:

- Gale Student Resource Center: Provides full-text resources, including books and pamphlets on a wide range of subjects.
- Gale Expanded Academic: 2,000 full-

text journals, periodicals and magazines covering all academic disciplines.

- Peterson's: An educational resource site, offering information on colleges and universities and distance learning. NGLP also purchases Peterson's study guides and sample tests for 10 subject areas of the College Level Examination Program (CLEP), the Armed Services Vocational Aptitude Battery (ASVAB), Scholastic Achievement Test (SAT) and several others. In addition, Peterson's offers full-text, printable study guides for eight tests including ASVAB and officer training.
- Newsbank: Offering 460 U.S. and 40 full-text international newspapers and special papers on hot topics. Most have extensive back files from prior years.
- Morningstar Library Edition: With stock, bond and mutual fund information, study guides on investment topics and approximately 100 courses on investing and related topics.
- NetLibrary: Which offers more than 6,000 full-text ebooks, including computer titles, Cliff Notes, career and vocational information, testing study guides, personal financial information titles, library science titles and military history titles.

"We're going to expand the titles in

this library next year," Moffitt continued. "We've been very pleased at the usage, which has been high with all the products. Use of the Morningstar financial investment information product increased by 550 percent between October and December 2003. That's a good example of a product with strong personal interest among our users that also supports a Navy program - in this case, the Personal Financial Management (PFM) program," she explained.

A part of Navy Region Gulf Coast, the NGLP headquarters at the Naval Education and Training Professional Development and Technology Center, Saufley Field, supports all general libraries in the Navy, including more than 300 afloat and 70 at shore installations.

NGLP provides professional military materials, such as the Bluejacket's Manual, books from the Chief of Naval Operations and Master Chief Petty Officer of the Navy reading lists, reference materials including Jane's Fighting Ships, atlases, and other materials like DVDs, videos and audio books.

For further information, contact the Navy General Library Program office at SFLY_NGLP@navy.mil. To access NKO, visit <https://www.nko.navy.mil/>.

SAVI looking for volunteers

Fleet and Family Support Center

The Sexual Assault Victim Intervention (SAVI) Program was established to provide immediate support to sexual assault and rape victims on a 24 -hour a day basis.

The lifeblood of this program is the SAVI advocate volunteer.

The SAVI advocate volunteer provides the survivor of sexual assault and rape with information and emotional support and helps guide the survivor through the various medical, legal and investigative processes with a goal of minimizing re-victimization.

The SAVI advocate volunteer provides immediate and long-term assistance to survivors of sexual assault and rape.

If you are willing to become a SAVI advocate volunteer or would like more information on the SAVI program, contact the SAVI coordinator at 471-9458, ext. 237.

MWR

Movie Call

Sharkey Theater, Pearl Harbor
(473-0726)

FRIDAY
7:15 p.m. The Girl Next Door (R)
SATURDAY
2:30 p.m. Home on The Range (PG)
4:30 p.m. Jersey Girl (PG-13)
6:45 p.m. Johnson Family Vacation (PG 13)
SUNDAY
2:30 p.m. Home on The Range (PG)
4:30 p.m. Connie and Carla (PG 13)
6:45 p.m. Walking Tall (PG 13)
THURSDAY
7:00 p.m. Kill Bill Vol 2 (R)

\$3 adults; \$1.50 children (6-11)
*Special: \$2 adults; \$1 children (6 -11)

**Memorial Theater, Hickam AFB
(449-2239)**

FRIDAY AND SATURDAY
7:00 p.m. Johnson Family Vacation (PG 13)
SUNDAY
7:00 p.m. The Punisher (R)
WEDNESDAY
7:00 p.m. The Punisher (R)
THURSDAY
7:00 p.m. Connie and Carla (PG 13)

\$3 adults; \$1.50 children (6-11)
*Special: \$2 adults; \$1 children (6 -11)

**Sgt. Smith Theater,
Schofield Barracks
(624-2585)**

FRIDAY AND SATURDAY
7:00 p.m. Hellboy (PG-13)
SUNDAY
2:00 p.m. Walking Tall (PG 13)
WEDNESDAY
7:00 p.m. Walking Tall (PG 13)
THURSDAY
7:00 p.m. The Girl Next Door (R)

\$3 adults; \$1.50 children (6-11)
*Special: \$2 adults; \$1 children (6 -11)

Editor's note: Every effort has been made to provide the most up-to-date information at the time of publication. However, scheduling of these events is subject to change. It is recommended that you call the contact numbers for the individual events to determine whether or not the activity will be held.

OUTDOOR ADVENTURE EVENTS

- June 5: Alpine Tower open house, 10 a.m.-3 p.m. There is no cost. Call for more details.
 - June 9: Pig hunting workshop, 6 p.m. The cost is \$5. Deadline to register is June 7.
 - June 12: Nu'uaniu Lookout/Mt. Tantalus hike, 8:30 a.m. The cost is \$5. Deadline to register is June 9.
 - June 12: Surf kayak competition, 7 a.m. Call OAC for details.
 - June 13: Kualoa ATV ride, 9:30 a.m. The cost is \$43. Deadline to register is June 9.
 - June 16: Underwater photography workshop, 6 p.m. The cost is \$5. Deadline to register is June 14.
 - June 19: Waikiki outrigger canoeing, 10 a.m. The cost is \$12. Deadline to register is June 16.
 - June 19: All-Military Surf Meet, 7 a.m. Call OAC for details.
- For more information, call 473-1198.

ALPINE TOWER OPEN HOUSE

MWR will host an open house of its new Alpine Tower challenge course and rock-climbing wall from 10 a.m.-3 p.m. June 5 at Barbers Point. Standing 50 feet high with multiple challenges, individual and partnered activities, the Alpine Tower will test participants of all skill levels, from beginner to advanced. For more information on how your command or group can reserve the Tower, call 473-1198.

SAND VOLLEYBALL FOR TEENS

Teens can enjoy free sand volleyball from 4-7 p.m. June 9 at Wentworth volleyball courts. Basic skills are needed, but fun is the overall goal. For more information or to sign up, call 471-8914.

ALL-MILITARY TENNIS TOURNAMENT

An All-Military Tennis Tournament will be June 11-13 at Wentworth tennis courts Divisions will include men's and women's singles and doubles, open, A, B, C, 40 and older, and 50 and older. The tournament is open to all active duty military personnel and retirees. The cost is \$5 per player. Register by June 7 at Wentworth Pro Shop.

FREE RACQUETBALL CLINIC

A free racquetball clinic will begin at 5:30 p.m. June 11 at Bloch Arena courts, building 1513. Participants can check out the latest racquets and accessories, compete in the fast serve contest or challenge the pro. Prizes will be awarded. Register by June 7 at the Wentworth Pro Shop.

PEARL HARBOR RACQUETBALL TOURNAMENT

The Pearl Harbor Racquetball Tournament will be held June 11-12 at Wentworth racquetball court. Divisions will include men's and women's singles only; open, A, B and C divisions. Trophies and prizes will be awarded to top finishers. The cost is \$5 per player. Register by June 7.

FUN TIME REVUE

A fun time revue for keiki of all ages will begin at 4 p.m. today at Sharkey Theater. There will be performances by Let's Pretend Circus with Becky & Elisa, Magic by Adam the Great and twisted fun by Cosmo the Balloon Wizard. The event is open to authorized MWR patrons and guests. For more information, call 473-0606.

MASSAGES BY "THE LOTUS TOUCH"

Want to improve circulation, increase flexibility, release muscle tension and receive a greater sense of well-being? Try "The Lotus Touch." Patrons can enjoy a hot and cold stone massage which includes face, neck and shoulders. A 75-minute treatment costs \$90. Other treatments are available for as low as \$15. Appointments are available at Bloch Arena and Power Point Fitness Centers. For more information, call Ruby at 386-4812.

T.G.I.F. - OCEAN'S CPO CLUB

Get together to enjoy pupus, entertainment and swap sea stories at T.G.I.F. today at Ocean's CPO Club. There will be free pupus starting at 4 p.m. and a DJ will spin the latest tunes from 5-8 p.m. The club is open to enlisted personnel E-7 -E-9. For more information, call 473-1743.

FFSC

For more on activities at the Fleet and Family Support Center, call 473-4222.

BUILDING GOOD SELF-ESTEEM IN YOUNG CHILDREN

A class on Building Good Self-Esteem in Young Children will be offered from 8-11 a.m. June 7. The session is for children up to the age of five. The class is designed to help parents build good self-esteem in their infants, toddlers or preschoolers through the use of encouragement instead of praise.

INTERVIEWING SKILLS

A workshop, Interviewing Skills, will be given from 8:30-10:30 a.m. June 8. The workshop will teach basic interviewing skills. Learn how to answer those difficult interview

questions and present yourself as the best candidate. Attendees will be given guidelines on what to do before, during and after the interview.

DOD EMPLOYMENT CLINIC

A DoD Federal Employment Clinic is scheduled from 1-3 p.m. June 9. Attendees can gain information and insight into the DoD federal employment process, salaries and benefits. Information will be given on how to interpret job announcements and determine whether you are eligible to apply. Participants will be provided with guidelines, information, samples and tips on completing the electronic resume, Resumix.

FOOD STAMPS APPLICATION BRIEF

There will be a Food Stamps Application Brief from 9-10:30 a.m. June 10. The briefing will provide information on completing the food stamps application as well as other available assistance for those who may be having financial difficulty.



For more information about LIP events, call 473-4279.

- June 4: Halo Tournament, 5 p.m., free.
- June 5: Cosmic bowling, 9 p.m. Bring money.
- June 6: Hawaii karting, 6 p.m., \$20.
- June 8: Dole Plantation Maze, 11 a.m., \$5.
- June 11: Foosball tournament, 5:30 p.m., free.
- June 12: Ice cream social, 2 p.m., \$1.

Weekly events:

Sunday: Chess tournament, 6:30 p.m.
Monday: WWE wrestling, 6:30 p.m.
Tuesday: 8-Ball tournament - 7 p.m.
Wednesday: Game show - 6:30 p.m.
Thursday: 9-Ball Pool tournament - 7 p.m.

Community Calendar

Here's a look at off-duty events happening on Oahu's military bases for service members and their families.

To get your activity or event featured in the Community Calendar, e-mail your requests to the editor at hnn@honolulu-advertiser.com or fax submissions to Hawai'i Navy News at 473-2876.

Deadline for submissions is Thursday for the following week's issue. Items will run for four consecutive weeks on a space available basis.

MISCELLANEOUS

BLOOD DRIVES

- June 4: 10 a.m.-1 p.m., U.S. Army Reserves, Kaala Recreation Center, Schofield Barracks.
 - June 11: 10 a.m.-1 p.m., U.S. Army Reserves, Kaala Recreation Center, Schofield Barracks.
 - June 18: 10 a.m.-1 p.m., U.S. Army Reserves, Kaala Recreation Center, Schofield Barracks.
 - June 24: 9 a.m.-noon, U.S. Air Force, Hickam Community Center, Hickam Air Force Base.
 - June 25: 10 a.m.-1 p.m., U.S. Army Reserves, Kaala Recreation Center, Schofield Barracks.
- For more information, call 433-6148.

NCOA JOB FAIR

The Non Commissioned Officer's Association Job Fair will be held from 9:30 a.m. to 2:30 p.m. June 9 at The Banyans, Pearl Harbor. Intelligence Careers will offer a free seminar for job seekers at 8:30 a.m. entitled "Opening Doors for Cleared Career Opportunities." The seminar gives job seekers tips on how to compete for jobs that require security clearances. The NCOA Job Fair is free for job seekers and is open to the public, all military and veterans. NCOA membership is not required. Job seekers should bring several copies of their personal resume.

The NCOA Job Fair is co-sponsored by United Associations Group, Inc. and MilitaryHire.com and will be attended by both national and local companies. For more information, call (800) 662-2620 ext. 222 or visit: www.ncoausa.org.

TSUNAMI SWIM TEAM

The Pearl Harbor Aquatics Tsunami is a competitive swim team that practices daily at Richardson Pool. It is open to both military and civilian swimmers ages six years and up. The team is a USA swimming affiliate. For more information, visit the team's Web site at www.tsunamis.homestead.com or contact at 471-9181 or email: phsc@inix.com.

NEX

CLASSIC CARS AND FAMILY FUN

The second annual NEX/MWR Auto Show is planned for 9 a.m.-5 p.m. June 26 at the NEX parking lot. The event will feature live entertainment and activities for children, food and classic cars. Prizes will be awarded in seven categories: vintage, classic, street machine, muscle car, custom truck, retro and import. Show car registration is from 8 a.m. to 9 a.m. To enter a car in the show, contact Dennis Parsons at 423-3226 or email: dennis.parsons@nexnet.navy.mil.

SHOP AND WIN

Shop NEX bumper stickers 2004 are available at any Navy Exchange location. Patrons can place bumper stickers on their car for a chance to win a \$25 gift certificate from the Navy Exchange. Winners are selected weekly and then entered in a grand prize drawing for a \$2,000 shopping spree at Navy Exchange.

ACCEPTING APPLICATIONS

The Navy Exchange is accepting applications for a variety of positions. Employment

applications are available at the application drop boxes located in the main rotunda and on the second floor near the registers. Completed applications may be dropped off at these boxes.

ICY TREATS

Island Scoops, the newest addition to the Navy Exchange food court, is now open. The eatery features everything from ice cream to smoothies, Halo Halo to Ices, you're sure to find something sweet for everyone in the family. It's open from 10 a.m. to 9 p.m.

PUMP UP THE VOLUME

Proud of your auto sound system? Enter the Navy Exchange Auto Sound Center Sound Off Competition for a chance to win prizes. Contestants will compete at the NEX/MWR Auto Show on June 26 and will be judged on loudness, clarity and cosmetics. To enter, contact Mike Griffin at 421-1650 by June 21. The competition is open to members of the military community only.

TENNIS ANYONE?

Tennis players can receive 20 percent off their first private lesson at Wentworth Pro Shop and \$5 off their first tennis racquet restringing when they purchase a tennis racquet from the Navy Exchange. For more information, stop by the Navy Exchange sporting goods department or call Wentworth Pro Shop at 473-0610.

NAVY LODGE

Navy Lodge Ford Island offers 150 affordable, comfortable, air-conditioned suites and rooms. Amenities include a swimming pool, a large meeting room, mini mart and a landscaped courtyard. Each room features satellite TV, DVD/CD player, direct-dial telephone service and a kitchenette, complete with microwave and utensils. To make reservations or for more information, call 440-2290.

ARMED SERVICES YMCA

ALIAMANU LOCATION:

The Aliamanu (AMR) branch of the Armed Services YMCA is located at 1875 Aliamanu Drive, Honolulu, Hawai'i 96818. The phone number is 833-1185, fax 834-3631, email is ASYMCAAMR@aol.com . Hours are 8 a.m.-1:30 p.m. Monday through Thursday.

T.O.P.S.

T.O.P.S. (Take Off Pounds Sensibly), a nonprofit, noncommercial weight-loss support group, meets every Wednesday at the Armed Services YMCA, Aliamanu location. Weigh-in begins at 5:30 p.m. and the meeting starts at 6:15 p.m. Membership fees are low and includes the T.O.P.S. magazine. There are also incentive programs offered. The first meeting is free. For more information, call Delcie at 623-1403.

WELCOME BABY

All expectant and new moms are invited to attend the Welcome Baby support group which meets twice a month. Children are welcome to attend. For more information or to reserve a spot, call Terri or Susan at 363-1897.

CHILDREN'S WAITING ROOM

The Children's Waiting Room is a place where parents can drop off their children if they have a doctor's appointment. The Armed Services YMCA is in need of volunteers to keep this program running at Tripler Army Medical Center. The hours of the waiting room are from 8 a.m.-noon Monday, Tuesday and Thursday. Those who are interested in volunteering or who wish to place an appointment should call 833-118



Connie and Carla: Two struggling Chicago dinner theater performers accidentally witness a mafia hit and hit the road running for their lives. They go undercover as drag queens and they inadvertently become the toast of the cabaret circuit.

The Girl Next Door: Matthew is a straight-arrow over-achiever who has never really lived life, until he falls for his new neighbor and discovers this perfect "girl next door" is a one-time porn star.

Hellboy: In the final days of World War II, the Nazis attempt to use black magic to aid their dying cause. The Allies raid the camp, but not before a demon - Hellboy - has already been conjured.

Home on the Range: A young widow is in danger of her farm being foreclosed unless she can come up with \$1,000 for the mortgage. The farm animals come up with a plan to get the money.

Jersey Girl: Ollie is a powerful entertainment executive whose wife dies in childbirth. Ollie, tasked with raising a child by himself, moves back in with his father.

Johnson Family Vacation: Invited to a big family reunion in Missouri, Nate sees it as an opportunity to reconnect with his estranged wife and children. Between his wary wife and arguing kids, getting from point A to point B proves to be just short of a nightmare.

Kill Bill Vol. 2: There were five on her list. Now it's three. O-Ren Ishii and Vernita Green were the first to fall, now The Bride (Uma Thurman) is out to finish the job by killing Elle Driver, Budd, and last of all, Bill (David Carradine).

The Punisher: FBI undercover agent, Castle, is finally moving into a safe desk job, to the delight of his wife and son. But when his family is executed after witnessing a mafia hit, Castle dons a black battle suit and seeks swift revenge.

Walking Tall: See review

JOSN Ryan C. McGinley

Walking Tall

It is fun, admittedly, to watch The Rock pretty much beat up everyone in the place; however, some semblance of a promising story line should be required for his action movies.

In "Walking Tall," The Rock plays Chris Vaughn, a war hero who comes home to live the simple life working at the mill. What he finds is that the mill has been shut down and a casino, pornography shops and drugs run the town now. His old friend Jay Hamilton Jr. (Neal McDonough) owns the casino and makes drugs out of the old mill. Chris isn't very happy about this, and after his nephew almost dies from crystal meth, he seeks revenge with a cedar two-by-four.

After destroying most of the casino with his wooden stick, the crooked sheriff arrests him and he is sent to trial, whereby he takes the law and court into his own hands and convinces the jury that he is not guilty. Well, he is guilty actually. However, the jury just disregards that because he is trying to save their town. The movie almost doesn't take itself seriously, failing to establish much of anything in its characters or plot line. What saves the movie from being a total disaster is, of course, The Rock pummeling on the bad guys, but also Johnny Knoxville's character Ray. Ray is a recovering drug addict who gives idiotic humor to an otherwise serious plot. His welcome antics as the less-than-intelligent best friend are downright hilarious. Knoxville is best known for his show "Jackass" on MTV; however, his role in "Walking Tall" might prove that he has a movie career after all.

"Walking Tall" is an action movie that requires little thought or emotion, but does provide some comic relief and entertaining scenes that make it somewhat worthwhile for the audience.

OVERALL RATING: ⚓⚓⚓⚓⚓

STORY IDEAS?

Phone: (808) 473-2888
Email: hnn@honoluluadvertiser.com

Contact the HNN editor for guidelines and story/photo submission requirements

Hawai'i
Navy News

Apprentice program gives invaluable skills

Jason Holm
Pearl Harbor Naval
Shipyard Public Affairs

The invaluable skills of a trained industrial artisan are honed through years of classroom instruction and hands-on experience.

For Hawaii's "best and brightest," the Pearl Harbor Naval Shipyard Apprentice Program earns them a chance at a free associates degree while earning nearly \$16 per hour and employment with the state's largest industrial employer. More than 4,200 people submitted applications for the 100 apprentice spots offered this year.

"I am extremely pleased at the quality of applicants we're seeing in this program," said Capt. Frank Camelio, shipyard commander. "The shipyard is transforming to meet the needs of a 21st century Navy and this new generation of workers - the 'best of the best' - will assume the mantle of meeting those changing requirements," he said.

For nearly 100 years, Pearl Harbor Naval Shipyard has filled a vital role in our nation's defense and our state's economy. Like their predecessors who raised the Pacific Fleet following the Dec. 7, 1941 attacks, contemporary shipyarders



Photo by Lynette Christensen

An apprentice welder hones his craft at the shipyard welding school. Welding is one of 17 trades offered in the four-year apprentice program.

continue to keep the nation's instruments of force projection in fighting shape.

If the Pacific Fleet is the "tip of the spear," the shipyard is the whetting stone that sharpens that spearhead. And this particular whetting stone infuses over a billion dollars into Hawaii's economy every two years.

One critical aspect of industrial maintenance is the transition of trade skills from the seasoned craftsman to the work force of the future. If an artisan retires without passing on those precious skills, hands-on practices and procedures can be lost forever.

The apprentice program was resurrected in 1996, after a six-year absence, with the support of Hawaii Sen. Daniel Inouye, who identified the urgent need to transfer knowledge while shaping the work force of the future.

"The apprentice program provides its graduates not only with a job, but also with a vital role in the defense of our nation," said Inouye. "Given the very serious threats in the Asia-Pacific region, they help to ensure our national security. They are the new generation of workers in the historic Pearl Harbor Naval Shipyard who

will carry on and uphold the standard of excellence set by their predecessors to keep our ships and submarines ready to fight, if necessary, in defense of freedom."

The 100 apprentices hired this year join more than 700 previously hired. The four-year program trains employees in a variety of trades and consists of both formal classroom work and on-the-job training.

Apprentices receive salary during both phases of training and a partnership with Honolulu Community College and Department of Labor (DOL) awards graduates with

a technical certificate or associates degree, as well as a DOL journeyman certification. These rewards are only part of the reason for the vast number of applicants, according to Freeman Correa, shipyard apprentice program coordinator. "Most people are looking for a well-paying job with good benefits," said Correa. "But these applicants are also the type of people who like to work with their hands and see this as a challenging, meaningful career - critical in our nation's defense."

Successful candidates will work on the most sophisticated pieces of equipment in the defense arsenal and do it with 100 years of history looking on. But apprentice candidate Kimberly Gombar is intimidated by neither.

"I'm just looking for career opportunities after high school," said the Waipahu High School senior. "After hearing a presentation at school, I can see there are a wide variety of opportunities at the shipyard. You're bound to find a trade you'll be interested in and you can have a career, not just a job."

For more information on Pearl Harbor Naval Shipyard, visit <http://www.phn-synavy.mil>.

Pearl Harbor to host 'Sunset in the Park' on base

JO2 Devin Wright
Staff Writer

The City and County of Honolulu and the Navy Region Hawaii, Morale, Welfare and Recreation (MWR) Department will host "Sunset in the Park" July 24 and July 25 from noon to 10 p.m. at Richardson Field.

The event started a little over two years ago in order to encourage the local economy.

"The original Sunset on the Beach event in Waikiki began after the events of Sept. 11," said Breene Harimoto chairman for Sunset in the Park. "This was part of the city's response to the dramatic decline in tourism in Hawaii. To stimulate the economy of Waikiki, Mayor Harris set out to create something new to bring local residents back to Waikiki and give visitors a new experience in Waikiki. Each weekend, there would be live entertainment on the beach with local food vendors and local crafters, and a free movie shown on a giant 30-foot screen on the beach," he continued.

"This event was highly successful and so popular that it created a spin-off, the 'Rediscover Oahu' Program. This took the Waikiki Sunset on the Beach event in a much expanded form around to various communities throughout Oahu as Sunset in the Park, explained Harimoto. Sunset on the Beach is primarily an economic development program that brings Oahu residents to 'rediscover' communities that they otherwise would not have visited, and attracted visitors to those communities," Harimoto said.

"It is an event to showcase local restaurants, vendors, and entertainers. Also, it is a community-building event in which neighboring communities, organizations, businesses, and individuals within those communities come together for the event planning and form lasting bonds to build stronger communities," said Harimoto.

Sunset in the Park at Pearl Harbor is an excellent way for military and civilians to mingle, he said.

"This is a great family event with many activities, such as all-day free entertainment, free children's games, rides, food, local crafters, non-profit organization displays, city and military vehicle displays, and a free blockbuster movie at night on a giant 30-foot screen," Harimoto said. "This event brings local residents, military and visitors together in a "local" environment of fun and food."

Harimoto predicts record crowds at this particular event. "This event at Richardson Field will be a huge success with the participation of the Navy communities," Harimoto forecasts.

"We anticipate that 50,000 to 75,000 people may attend this two-day event. With good weather and the Navy's assistance in marketing the event to Navy and RIMPAC ships and families, this may be our biggest 'Rediscover Oahu' event yet."

The event is free and open to the public. Parking will be available at Aloha Stadium.

If interested in volunteering, assist in planning and implementation of this event, call 473-0606 for more information.

